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<th>EVENT/DEADLINE</th>
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<td>29</td>
<td>Color Me Green Run @ Kings Fairgrounds Check in 8 am &amp; Run 9 am</td>
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**Color Me Green Run Update**

**Sunday, March 29—Kings Fairgrounds**

Check-in: 8 am  Run starts: 9 am

*Training Session- Saturday, March 7th at 9 am*

*Freedom Park in Hanford*

The Kings County All Star Candidates are hosting the **Color Me Green** Run as their All Star project. During the month of March, **Color Me Green** runs will be happening up and down the state of California.

Plan to attend the pre-run training session on March 7th. The All Stars have a list of stretches and pre-run exercises to work through. In addition, there will be a 1-1.5 mile run. Healthy post run refreshments will be offered.

Register online: [http://ucanr.edu/survey/survey.cfm?surveynumber=14790](http://ucanr.edu/survey/survey.cfm?surveynumber=14790).

Volunteers are needed to help the day of the **Color Me Green** Run, contact the UCCE Office at 852-2731 for more information.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at [http://ucanr.edu/sites/anrstaff/files/176836.doc](http://ucanr.edu/sites/anrstaff/files/176836.doc)). Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

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Insert: Healthy Living Tips
Insert: Color Me Green Run

**Deadline**

4-H News articles due for *Youth Talk* – March 20th

Please send all articles to ~gliener@ucanr.edu
Council News

The next council meeting will be:

**Tuesday, March 3rd**
7:00 pm
UCCE Office– Multi Purpose Room
Hosted by Mid Valley

Plan to attend, your presence is important. Topics of discussion include– 4-H Fair, Record Books, Council Elections, Leader’s Dinner, All Star Selection etc. Your presence is important!

Member Tip of the Month

Did you know that as a youth you can serve on one of 8 statewide 4-H advisory committees? These committees offer insight, review, and input for the operations and management of the Statewide 4-H Program. Your voice is important!

Learn more about the statewide 4-H advisory committees and apply to serve on one for the upcoming 2015-2016 program year. Learn more and apply: [http://4h.ucanr.edu/Get_Involved/Advisory_Committees/](http://4h.ucanr.edu/Get_Involved/Advisory_Committees/).

Kings County 4-H Fair News

April 9th—Indoor Exhibits Judged 3:30-6:30 pm
April 10th-11th—Livestock Shows
Kings Fairgrounds

**Animal entries are due to the UCCE Office by Friday, March 20th**

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer. Leaders and parents, please encourage your members to participate in this event!

**Indoor Exhibits:** Entries will be available to view on Friday, April 10th from 4 to 7:00 PM and Saturday, April 11th from 9 am-12 noon. All items in the Indoor Exhibit Building can be picked up from 12 noon—1 pm on Saturday, April 11th. Whoever is picking up the exhibits must sign for them.

**Animal Exhibits:** Animal entries need to be pre-entered. Entries are due to the UCCE Office by March 20th. Poultry, Rabbit and Cavies will be released after their show. Beef, Sheep, Swine, Dairy and Goats will be released after the Awards Presentation on Saturday.

**4-H Dog Show:** The date to reserve for the 4-H Fair Dog Show is Saturday, March 28th at 9:00 AM Kings Fairgrounds.

**Entry forms and the Fair Booklet are available from your CCL and are on the 4-H website:** [4-H Fair](http://4h.ucanr.edu/)

Is there a Photography group or a Photography member that would like to be the Official 4-H Fair photographer?

**4-H Blood Drive**

**Saturday, April 11th (4-H Fair)**
9 am—12 noon

Ashley Olson is organizing a blood drive at the 4-H Fair as her service learning project for Washington Focus. Her goal is 35 pints of blood during this blood drive.

Blood donors must be a minimum of 17 years old or 16 years old with a signed parent’s consent. Donors must weigh at least 110 lbs. Donating blood is a valuable way to contribute to the well being of our community—give the gift of life and plan to donate! For more information on donating blood, visit the Central California Blood Center website: [http://www.donateblood.org/](http://www.donateblood.org/)
Congratulations to Participants at Food Olympics

The Favorite Foods Fair, Place Setting and Cup Cake Decorating Contests were held at Hanford West High School on February 21.

Favorite Foods Fair Winners

Fourteen members participated, making delicious recipes that were decoratively presented. The results are:

Junior Division Winner: **Lilly Barcellos**, Mid Valley 4-H ~ Triple Chocolate Cake
Intermediate Division Winner: **Laura Denham**, Grangeville 4-H ~ S’Mores Cookie Bars
Senior Division Winner: **Ashley Olson**, Oakvale 4-H ~ Carrot Cake w/ Orange Cream Cheese Frosting
Overall Winner: **Shyanna Ward**, Kings Harvest 4-H ~ No-Fire-Needed S’more Cupcakes

Healthier Living Winner

Five members entered in the Healthier Living category. The dish had to meet healthy eating requirements. The winner is:

**Angelina Raulino**, Lemoore 4-H ~ Chicken and Vegetable Wraps

Watch for the recipes on the Kings County 4-H website under Food Olympics.

Place Setting Contest Winners

Twenty three Kings County 4-H members participated in the Place Setting Contest held in conjunction with the Favorite Foods Fair. The results are:

Junior Division Winner: **Trista Fry**, Oakvale 4-H ~ Girl’s Tea Party
Intermediate Division Winner: **Jenna Dragt**, Kings Harvest 4-H ~ Hawaiian Luau Luncheon
Senior Division Winner: **Tara Fry**, Oakvale 4-H ~ Hunter's Dinner
Overall Winner: **Hannah Costa**, Kings Harvest 4-H ~ Seaside Lunch

Cup Cake Decorating Contest Winners

The Cup Cake Decorating Contest was a hit with 18 members participating. The results are:

Junior Division Winner: **Jack Goddard**, Grangeville 4-H, ~ Popcorn & Snow Cone
Intermediate Division Winner: **Jenna Dragt**, Kings Harvest 4-H, ~ Cats
Senior Division Winner: **Kayla McCalvy**, Grangeville 4-H, ~ Elmo & Cookie Monster
Overall Winner: **Jenna Bracy**, Mid Valley 4-H, ~ Bees & Beehive
Congratulations to Participants at Presentation Day!

Twenty three Kings County 4-H members participated in County Presentation Day giving 20 presentations on February 21st. 4-H members earning a Gold Medal or Gold Seal are now eligible to take their presentation to the Sectional level of competition. Sectional Presentation Day will be hosted by Kern County on April 25th in Wasco.

Gold Medal Recipients
Shyanna Ward—Kings Harvest 4-H: Illustrated Talk ~ What’s Up With Sugar?
Trista Fry—Oakvale 4-H: Illustrated Talk ~ Hop To It-Bunny Gear & Gadgets
Reilly Nava—Island 4-H: Illustrated Talk ~ Bow WOW or Bow BOO
Isabella Cawley & Macyn Cawley—Grangeville 4-H: Illustrated Talk ~ Boom Boom Pow! OW! Shooting Sports Safety

Gold Seal Recipients
Kendra Ward—Kings Harvest 4-H: Illustrated Talk ~ That’s Some Pig! Comparing Yorkshire and Hampshire Pigs
Elia Nava—Island 4-H: Demonstration ~ K9 Commander
Anna Rioux—Grangeville: Demonstration ~ Loom to the Moon
Laney Dorrough—Oakvale 4-H: Illustrated Talk ~ The Beveren
Sarah Dorrough—Oakvale 4-H: Illustrated Talk ~ WOOL You Like to Know?
Steven Loogman—Kings River 4-H: Illustrated Talk ~ Types of Welding
Anna Felipe—Island 4-H: Demonstration ~ Shake It Up
Ashley Eller—Lemoore 4-H: Demonstration ~ Preparation of Getting Poultry Ready for Show
Hannah Costa & Lauren Dutra—Kings Harvest 4-H & Grangeville 4-H: Illustrated Talk ~ The Straight Scoop
Brooklynn Young & Bridgett Singleton—Oakvale 4-H: Demonstration ~ Decoupaging to the Max!
Kavn Aulakh—Grangeville 4-H: Audio-visual Presentation ~ Japanese Arts
Wyatt Ward—Kings Harvest 4-H: Illustrated Talk ~ Crop Dusters-Tractors in the Sky

Blue Seal Recipients
Hailey Post—Island 4-H: Educational Display ~ Choosing Your Hog and Settling Them In
Jasleen Aulakh—Grangeville 4-H: Interpretive Reading ~ The Ode to Bacon
Hadley Garcia—Lemoore 4-H: Illustrated Talk ~ Calling All Ducks!
Skyla Yates—Island 4-H: Demonstration ~ If the Saddle Fits—Wear it

Emerald Star Project
Applications due~ March 20th
Interviews ~ March 26th

The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H members who wish to share his/her skills and knowledge in any area of 4-H to help others.

New this year!
Members wishing to participate in an Emerald Star project in the fall of 2015 are encouraged to have their entrance interview in March, allowing work to be done on the project over the summer.

For an application and more information click here:
http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/

Rabbit Show
Saturday, March 21, 2015
8:30 a.m.
Kings Fairgrounds, Commercial Bldg.
The Central Valley Rabbit Breeders Association is having an open and youth rabbit show. If anyone is interested in a rabbit project, this is a good place to see the different breeds. There will be rabbits and equipment for sale.

The public is invited and admission is free. The show starts at 8:30 and ends at 4 pm. Come early as rabbits leave as the judging progresses.

For more information call Kathy Lugo at 582-4760.
4-H Fashion Revue

Theme: #Fashion Revue

Saturday, March 28, 2015
(please note date change)

Entries due March 13, 2015
Judging ~ 1 pm ~ UCCE Office
Fashion Show ~ 4:30 pm ~ The Remington, Hanford
For more information on entries deadlines and category descriptions click below:

Cancer Care Packages

4-H Emerald Star Project

Hi I’m Kayla McCalvy and I am working on building my leadership skills through my Emerald Star Project Cancer Care Packages. I am making care packages for patients with cancer and I need your help. As of now I have enough items for approximately 35-40 bags. My goal for Cancer Care Packages is to complete 100 bags. I recently received a donation of $100 from Catholic Daughters of America which I used to purchase reusable bags to put the items in. The bags will be assembled by the Jefferson Charter Academy after school program. Please help me make a difference in a cancer patient’s life.

Items in most need:
- Biotene mouthwash/toothpaste
- Udderly Smooth body cream
- Hard candy
- Gum
- Flavor packets for water
- Scarves
- Unscented deodorant
Monetary donations and gift cards will also be accepted. All items are asked to be delivered to the UCCE office no later than March 6th.

What’s An All Star Candidate?

Kings County All Star Candidates serve as Ambassadors for the 4-H program. They assist with county events, teach a leadership session at LCORT, plan and carry out an All Star project and serve as a positive role model.

An informational meeting will be held on:
Tuesday, March 12th at 7:00 PM at the UCCE Office to review the All Star application and interview process. Plan to attend if you are interested in applying to become an All Star Candidate for 2015-2016.

Applications are due to the UCCE Office by Friday, April 3rd. Interviews will be held on Thursday, April 16th.

Sheep Project Members

Shropshire Start Flock Applications

Through the generosity and vision of several prominent Shropshire breeders the Second Shropshire Starter Flock Award will be given to a lucky youth in the spring of 2015. Applications are due April 1, 2015. Click here for more information on the award: http://4h.ucanr.edu/News/Calendar/?calitem=265731&g=1245
**Annual State 4-H Shooting Sports Matches**

**31st Annual 4-H State Shooting Match**—Entries for the State 4-H Shooting Sports Match must be postmarked by March 9, 2015. All entries must be submitted to County UCCE office for verification of enrollment. Shooting Sports Match rules can be found at: [http://4h.ucanr.edu/files/204593.pdf](http://4h.ucanr.edu/files/204593.pdf). Contact your leader if you are interested in participating in this match. Entry fee is $4.50 per category.

**3rd Annual State Archery Match**—The deadline for entering is March 16, 2015. All entries must be submitted to County UCCE Office for verification of enrollment. State Archery Match rules are available at: [http://cemendocino.ucanr.edu/files/204379.pdf](http://cemendocino.ucanr.edu/files/204379.pdf). Contact your Archery Leader for more information. Entry fees are $5.00 per category.

Don’t miss upcoming shooting sports workshops and match information, listed on the 4-H Shooting Sports page and calendar: [http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/](http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/).

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**State Fashion Revue**

*May 30, 2015*

UC DAVIS Campus - Olson Hall

Registration closes May 17, 2015

Complete information on State Fashion Revue can be found at [http://4h.ucanr.edu/4-H_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/).

Judges are needed for State Fashion Revue. Each county must send one judge per five entries. Those interested can register at [http://ucanr.edu/sfr2015judges](http://ucanr.edu/sfr2015judges).

The SFR committee has new workshops planned, a Skillathon any member can enter, and a Fab Mart sale area with bargains on fabric, craft items, and sewing/craft books. SFR is open to county winners qualified by their counties, but our activities are open to all 4-H families.

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**2015 State Animal Science Symposium**

*May 27-29, 2015*

School of Veterinary Medicine, UC Davis

For 4-H Adult Volunteers, 4-H Staff, and FFA Teachers

The Animal Science Symposium is a train-the-trainer professional development approach for 4-H staff, key 4-H volunteers, and FFA supervisors/teachers on important topics and skills related to bio-security and animal health. (Note: The Symposium is not open to 4-H youth members.)

The central component to the symposium will provide a foundational training on the “Bio-Security Proficiencies for Beginning Producers,” a research-based education program on bio-security developed by the UC Davis Veterinary Medicine Extension. In addition, the Symposium will engage leading specialists on animal welfare, bio-security, and species-specific issues to deliver educational sessions.

The ultimate goal is to help youth develop good bio-security practices to mitigate the spread of pathogens and reduce the risk of potential animal and zoonotic disease outbreaks.

**County Teams of Two:** Limited funding is available for California 4-H county teams of two people. We suggest a partnership of a 4-H staff and key volunteer. More information is available on the registration survey (link below).

**Individual Registration:** Counties may register additional participants at the cost of $382. Limited funding is available for 4-H professionals outside of California. Registration is $75, travel & lodging is not covered.

[Animal Science Symposium Registration](http://animal.ucdavis.edu/events/animal-science-symposium/)

Due by May 1, 2015

Please call the UCCE Office at 852-2731, if you are interested in attending.
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff.

The conference is planned by a team of high school 4-H members, key leaders and adult advisors. Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference.

2015 SLC Highlights
Dynamic Speakers ~ Fun & Educational Tours ~ County All Star Ambassador Extravaganza ~ Disneyland

Registration Options with Fees

Legends and Lore: Thursday, July 23-Sunday, July 26 — $499.00
Thursday arrival begins with an RA meeting, orientation, and dinner and twilight trip to Disneyland! Friday is tour day! Register for one or more Legends and Lore Tours (some at an additional fee). Most tours will be back in time to join in on the fun lawn games and activities the Recreation Committee has planned! The traditional SLC schedule begins Friday late afternoon and continues through Sunday.

Fairytales and Fables: Friday, July 24-Sunday, July 26 — $419.00
Friday arrival begins with fun and games provided by the Recreation Committee! The first meal served is dinner. The opening keynote speaker is Friday evening to kick off the traditional SLC schedule and educational events.

Interested in Teaching a Session at SLC?
The 2015 State Leadership Conference planning team invites you to submit a proposal to lead an educational session. Deadline is March 27, 2015. For information click: http://ucanr.edu/survey/survey.cfm?surveynumber=14426.

Become a Member of the SLC Support Group
The California State 4-H Leadership Conference is a tremendous undertaking. It is organized by a team of dedicated 4-H youth and adults working together in youth-adult Partnership. Support Group plays a key role in the implementation of State Leadership Conference. To become a member of the Support Group, applicants must have attended 1 State Leadership conference and be at least 14 years of age as of June 30, 2015. Applications are due April 18, 2015. For more information click here: http://4h.ucanr.edu/4-H_Events/SLC/.

Scholarships/Financial Assistance
The cost of SLC continues to rise. To enable more youth to attend, financial assistance is available from the state level. To apply, click here: http://ucanr.edu/survey/survey.cfm?surveynumber=14774. Application deadline is March 31st.

On the county level, Kings County 4-H annually offers 4 scholarships to attend SLC that covers 1/3 of the conference costs. Applicants must meet age eligibility to attend SLC, completed 2 years in 4-H at the time of the conference and completed a 4-H Record Book from the previous year. This scholarship is available once per member. Applications are available at http://cekings.ucanr.edu/files/207028.pdf. Apply early, to ensure you receive a scholarship as they are awarded based on fulfillment of criteria on a first come basis.
ALL STAR CANDIDATE SPOTLIGHT

Meet Adam Daniel

Favorite 4-H Project: Shooting sports
Memorable 4-H experience: Winning 4-H Grand Champion swine
Years in 4-H: 8 years
Emerald Star Project: Electronic waste recycling
Favorite musical Group: Journey
Favorite Movie: Benchwarmers
Favorite Food: Tacos
Your hero: My Grandpa
Favorite inspirational quote: “Life’s a garden, dig it!”
What does 4-H mean to you: 4-H is a career developing club that helps me cultivate skills needed in life
Future Plans: Go to Cal Poly, Pomona and become a petroleum engineer
Best book you have read: Maze Runner
Favorite song: Sandman by Metallica
Words to live by: If you ain’t first, you’re last. – Ricky Bobby

Fundraising Guidelines

A club’s 4-H Fundraising activities should be well thought out and be included in the club’s budget that is formulated at the start of the year. All fundraisers not in the approved budget must be approved by your 4-H club’s youth members. All fundraising activities must also be approved by the County Director using Form 8.7 Fundraising Approval. Fundraising guidelines must be followed by all 4-H adult volunteers and youth members and apply to all 4-H activities (e.g., club work, project work). (See Example 3.3 Fundraising Approval on page 18 & 19 and Form 8.7 Fundraising Approval on page 49 & 50 in the Treasurer’s Manual). Keep fundraising to a minimum. Raise money only for specific educational purposes. 4-H is a youth development program focused on education. Don’t let fundraising become so important that it gets in the way of learning and doing. These fundraising requirements also apply to groups raising money for conferences and trips. (i.e.– WA & CA Focus etc.)

Some limitations to fundraising:

- Cannot sell items purchased from the store (except food and beverage products).
- Never use the 4-H Name or Emblem in connection with sales of a commercial product.
- Do not perform door-to-door canvassing for donations. Give people something for their money, or sell them on the merits of the 4-H Youth Development Program as an educational program.
- Funds raised by a 4-H club or group must include careful record keeping and be used only to support the 4-H Youth Development Program directly.
- Games of chance such as raffles and bingo are not allowed.
- Always use accepted fundraising procedures for specific projects and tell the public how the money will be used.
- 4-H clubs cannot apply for or receive grants.

Save-the-Date! State 4-H Field Day

May 30, 2015, 8:00 AM to 6:00 PM
UC Davis Campus-Wellman Hall

Activities include: Presentation Day, Fashion Revue, Photography Contest, MyPlate Challenge and much more!

Check it out at: http://4h.ucanr.edu/4-H_Events/SFD/
Club News
Lemoore 4-H

The Lemoore 4-H Club met on Wednesday, February 11 at Cinnamon Elementary School. Our guest speaker for the evening was Margie Wilhelm, who is a representative with World Link, a student exchange organization. Ms. Wilhelm briefed us on World Link, and asked if we would think about becoming host families for the future foreign exchange students. With Ms. Wilhelm were two local foreign exchange students. Both students hailed from former Soviet Bloc countries. The students spoke to us about their experience here in Kings County, and what this opportunity to live and study abroad meant to them.

Our next meeting will be held on Wednesday, March 11.
Submitted by Regina & Xavier Czerewko, Reporters

Island 4-H

February was a great month for Island 4-H. At our meeting, we had three people give wonderful presentations. Skyla Yates gave a presentation about how to saddle a horse. She even brought a pony with her to demonstrate. Hailey Post gave a presentation on how to take care of a puppy. And Anna Felipe gave a presentation about how to make butter. All the members were able to sample her butter after the meeting. It was delicious. Also at our meeting, we decorated cupcakes to get ready for the County Cupcake Decorating Contest at the Favorite Foods Fair coming up. We can’t wait to hear how everyone does at Presentation Day and Favorite Foods Fair!

Submitted by Megan Clarke, Reporter

Kings River 4-H

Kings River 4-H is the winner of the “America’s Farmers Grow Communities” sponsored by Monsanto Fund. April Pimentel chose Kings River 4-H as her charity to receive $2500. Monsanto representative Becca Mellema presented a check to Club President, Kassidy Sheldon and Community Club Leader Lilly Pimentel. Also in attendance were Joe & Esther Pimentel and April & James Pimentel.
The theme this year is “Bite Into a Healthy Lifestyle.”

Feeling inspired but not sure where to start? Here are few great ways to build a healthy lifestyle............

* Make Smart Choices. Do you know what’s really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you’re shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you’re dining out, look up the menu online. We make food choices every day that often lead to eating too much and moving too little. MyPlate reminds us to think about healthier choices.

* Eat and Drink Fewer Calories. Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products and whole grains. These are all keys to a healthy and balanced diet rich in nutrients. Use a smaller plate to help with portion control. Cut back on foods high in solid fats, added sugars and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, bacon and hot dogs.

* Remember to Exercise! When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer. Physical activity is simply moving your body to use the energy from food. Walking, climbing the stairs, biking to work, and playing soccer are all examples of physical activity. Choose activities that you enjoy and are appropriate for your fitness level.

There is no one food, drink, pill or machine that is the key to achieving optimal health. A person’s overall daily routine based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits is vital to maintaining good health and quality of life.

Provided by the

**UNIVERSITY of CALIFORNIA**

cal fresh Nutrition Education
<p><strong>Color Me Green</strong></p>

<p><strong>5K Run/Walk or 1K Walk</strong></p>

Sunday, March 29, 2015

Kings Fairgrounds

Registration – 8 AM  Race – 9 AM

$15.00 includes T-shirt & Breakfast after race
Family Rate $7.00 each additional runner

Registration/Waiver forms available from:

Kings County UCCE Office
680 N. Campus Dr. Suite A, Hanford
559-852-2730

Or enter online at:
http://ucanr.edu/survey/survey.cfm?surveynumber=14790

Sponsored by Kings County 4-H All Stars

The Color Me Green 5K run/1K walk aims to provide youth and community members a learning opportunity for improving their health through a fun event. Participants will run 5 kilometers or walk 1 kilometer with other members of their community and will be showered with green dye to mark every mile marker they pass, leaving them colored in green by the end of the run!

Two training runs will be held to help you get ready for the run. Feel free to join us at:

Freedom Park (next to Hamilton School)
2000 9-1/4 Avenue Hanford
Sunday, February 22nd 9 AM
Saturday, March 7th 9 AM

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